About Rawfoodexplained.com

The materials on this website are based on the Philosophy, Principles and Practices of Natural Hygiene and were originally published as a course consisting of 106 lessons called *The Life Science Health System* by T.C. Fry.

The *Life Science Health System* is vast compilation of knowledge by various authors and was intended to prepare the student for a career as a *Natural Hygiene Health Consultant*.

If you want to buy the printed version of the *Life Science Health System,* you can do so at http://www.rawschool.com/course.htm

A revised and edited version, including testing and certification, called "Essential Natural Hygiene Course" with 44 Lessons of the *Life Science Health System* is available at the Transformation Institute.

For the principal Discussion Forum on *Natural Hygiene* on the Internet, go to http://health.groups.yahoo.com/group/Rawschool/

About me

I'm 27 years old and changed to a Raw Food Diet about six years ago. This was one of best decisions I have ever made.

After reading the very inspiring book *Survival Into The 21st Century* by Viktoras Kulvinskas, I decided to go raw the same day.

I cut out all the cooked, processed and canned foods and ate very simple meals of fresh organic fruits, raw vegetables, nuts & seeds and sprouts. I realized that all those beautiful fruits and vegetables are the divine gifts of nature to humans and animals and that our bodies are designed to thrive on these pure foods.

After about a year, I noticed very positive physical changes like normalized weight, high energy levels, clear skin, fuller hair, no more body odor etc.

What was most astonishing, was the mental/spiritual transformation that had taken place. For the first time in my life, I was able to feel love for myself and my body. I accepted myself as I was. I felt more and more connected to the earth and the people around me and I became very sensitive. I actually had to pay attention not to pick up too much of the thoughts/emotions of other people.

At first, I wasn't consciously aware of it, but after a while it became increasingly apparent that I could ask myself questions and actually get valid answers from within. The connection to my intuition/higher self was greatly enhanced. This has nothing to do with anything "paranormal". I think it's a very natural thing.

Beside the Raw Food Lifestyle, I'm interested in everything related to personal development. I spend a lot of time reading books about Spirituality, Philosophy and Psychology. I'm also practicing Yoga and Meditation.

My other interests include all things related to Lucid Dreaming and Astral Projection. About three years ago, after reading a book on the topic, I had an Out of Body Experience. I'm researching the subject in more depth ever since.

My two major goals in life are to always live consciously and to be able to give unconditional love to all sentient beings of this wonderful world.

For questions or feedback, feel free to contact me per email at rawfoodexplained [at] yahoo [dot] com or use the contact form.

Thank you very much and have a nice day!

Philip

Available for consultations

Areas of expertise:

- Natural Hygiene
- Water/Juice/Dry Fasting
- Toxic Teeth and Heavy Metal Detoxification
- Liver Flushing
- Advanced Yoga Practices
- Kundalini Awakening
- Deep Relaxation Techniques & Yoga Nidra
- OOBE and Phasing

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